



## Snack Menu

September 2014

All Snacks are Free

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>LABOR DAY</b> <b>(No School)</b> 	Strawberry Bar WG  100% Apple Juice	Turkey and Cheese Slider on Whole Grain Roll	Whole Grain Blueberry Muffin  Fresh Local Apple	Whole Wheat Bagel Half w/ SunButter Cup
8	9	10	11	12
Whole Grain Graham Crackers  Low Fat Yogurt Cup	Whole Grain Honey Graham Cereal Bowl  1% Milk	Whole Grain Cheddar Goldfish Crackers  100% Orange Juice	Fresh Baby Carrots w/ Light Dressing  Hummus	Whole Grain Pretzel Sticks  String Cheese
15	16	17	18	19
Whole Grain Cheddar Goldfish Crackers  String Cheese	Whole Grain Blueberry Muffin  100% Apple Juice	Chicken Salad Slider on Whole Grain Roll	SunButter Cup  Fresh Local Apple	Fresh Cucumber Coins w/ Light Dressing  Whole Grain Pretzel Sticks
22	23	24	25	26
Turkey and Cheese Slider on Whole Grain Roll	Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal Bowl  1% Milk	Whole Grain Graham Crackers  Low Fat Yogurt Cup	Whole Grain Pretzel Sticks  Fresh Local Apple	Fresh Broccoli Florets  Hummus
29	30	1	2	3
Whole Grain Apple Cinnamon Muffin  100% Orange Juice	Whole Grain Graham Crackers  Fresh Local Apple	Fresh Baby Carrots w/ Light Dressing  Whole Grain Cheddar Goldfish Crackers	Whole Grain Reduced Sugar Cinnamon Toast Crunch Cereal Bowl  1% Milk	Egg Salad Slider on Whole Grain Roll

### Food Focus

World School Milk Day is on September 24!

Milk is an excellent source of Calcium and Vitamin D which plays a big role in building strong healthy bones. Did you know that a Cow produces on average 6.3 gallons of milk daily that's 350,000 glasses of milk in a lifetime! Milk is served 3 times a day on our menus during Breakfast, Lunch and Supper.

